

ABSTRACT OF THE DISCLOSURE

An optical disk in which tracks in which a header region at which positional information showing a recorded position is recorded and a user region at 5 which user information is recorded are alternately arranged, and in which the user region is made to wobble in a direction perpendicular to the arranging direction are formed, and in which a first region in which at least one of a phase, a frequency, and 10 an amplitude of a wobble is different from the other portions is formed at a portion a given length before the header region in playback order within the user region.